

Alive 'N' Kicking Sutton & Merton Autumn Newsletter



Issue 3 October 2010

"Just because the weather is a bit cooler and windy doesn't mean all our health goals should blow out the window, families can still keep active by heading out in the weekends for nature walks or check out activity offerings at local leisure centres. Don't forget January Alive 'n' Kicking programmes are booking up fast !! So sign up NOW!"

**Alive 'N' Kicking
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Great day had by all at the A'n'K Summer Reunion Event!

The Alive 'N' Kicking programme has been running in Sutton and Merton for 12 months with over 100 families so far benefiting from the "free" 12 week nutrition and activity sessions, so what better way to celebrate its first year than to invite all the families back for a fun afternoon of activities and healthy food during the summer break. The event ran from 12-3pm on Sunday 1st August at The Hub and offered families and young people the chance to meet up with other families from the programmes, see their Alive 'N' Kicking trainers again, and even do a quick BMI health check up if they wanted. Throughout the afternoon parents and children could cycle themselves their very own blended fruit smoothie, play games, enjoy the amazing children's "Challenge Zone" or compete on the football "Penalty



Shoot Out". Mrs Kayanja who completed the January programme with her son Victor said "Everyone was friendly and it was a well organised event, Victor can't wait for the next one!" One parent from the Sutton programme told us that the event was "Very well organised with friendly people and staff, good use of the time we had. Well done, I know that my children will miss coming to Alive 'N' Kicking"

KEY DATES & EVENTS

Start of September programmes	8th—13th Sept
We will be at the Sutton United <i>'Footie Fans Focus on Health'</i>	16th Oct
A'n'K Camden Primary School Taster Session	15th Nov
We will be at the Sutton United <i>'Footie Fans Focus on Health'</i>	20th Nov
A'n'K Lonsome Primary School Taster session	TBC
Closing date for January 2011 registrations	End of Dec

Current September Term Update

Five new programmes are currently underway with 65 children enrolled, two are running in Wallington, one at Amy Johnson Primary and a Seniors at The Phoenix Centre. Once again our programmes at The Hub are fully booked. We are up to Week 5 and 6 across all programmes.

We are now recruiting families for our January 2011 Programmes across Merton and Sutton .

Call us on 0208 646 7795 to register your family for free activity sessions and nutrition.

Another term of amazing A'n'K graduates!

46 more children graduated in July with some incredible results and truly life changing experiences. Mrs Gilbert one parent on the juniors course said "My family have really benefited from the programme, we have learnt a lot about food and exercise. The children's exercise was well organised and really great fun for the children." Results across all age-group programmes saw a 79% reduction in BMI. We have also had over 30% of families come back for their week 24 follow up appointments in the past week which is up from last term. Also a big thank you to Manor park Children's Centre for providing a venue last term, the children loved the outdoor sessions on their fields.



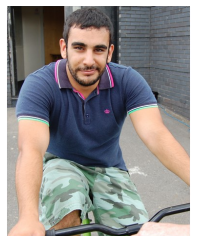
Introducing...

Saner Hasan Children's Fitness

Leader

Saner works on Thursday's at Amy Johnson Juniors programme and always makes sessions fun and challenging.

Saner has a background in sport coaching and is studying towards his Sport certificate at Merton College. Saner's favourite sport's are Rugby League, Rugby Union and Tag Rugby yes everything rugby! And his favourite meal is A'n'K Jerk chicken, couscous and broccoli.



(Left) Hub Seniors group July 2010